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Institutional Feeding Managers 1.9422 N&IN' P Stewards-Chefs-Cooks

ATTENTION PLEASE!

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COOKING LESS TENDER MEATS

Generally speaking, the cooking of less tender meats falls into two categories - braising and simmering, or stewing. Both ways, the meat is cooked by moist heat. Some cuts of veal and thin cuts of pork, such as chops and steaks, are better if braised even though they are tender. They must be cooked well done and braising will do this without drying them out. For variety, other tender cuts of meat are sometimes braised.

In braising, the meat is first browned in its own fat or in a smaller amount of added fat. It is then covered and cooked slowly in its own juices or in a small amount of liquid. Braising is often called pot roasting or fricasseeing.

Meat dishes cooked by braising may be classified according to the size, thickness, and shape of the cut in this manner:

1. Pot Roast and variations
2. Swiss Steaks and variations
3. Veal Chops, Steaks and Cutlets
4. Pork Chops and Steaks
5. Fricasees, Caserole Dishes, Meat Birds, Mock Drumsticks, etc.

Steps in Braising -

- (A) Season meat with salt and pepper and dredge with flour, if desired. (If flour is used the seasoning may be mixed with the flour. Use one teaspoon of salt to each pound of meat). Flour increases browning but may be omitted.
- (B) Brown meat on all sides in a small amount of fat. (If meat is not dredged with flour, it may be browned in its own fat. Browning develops aroma, flavor and color).
- (C) Add a small amount of liquid if needed to increase tenderness or if desired for a sauce. (Liquid may be water, meat stock, milk, sour cream, tomato juice, etc.).
- (D) Cover with close-fitting lid to retain the steam. (Long, slow cooking in moisture makes the meat tender or cooks it well done without drying it out).
- (E) Cook until tender, or until the meat thermometer registers 185° to 195°F.
- (F) Remove meat and make gravy. (Gravy is an essential part of braised meat dishes since the drippings contain much flavor and food value).

(over)

MEAT CUTS FOR BRAISING
Less Tender Items, Except Pork, Veal Chops and Steaks.

Beef	Lamb	Fork	Veal	Variety Meats
Chuck (all cuts)	Breast	Chops	Breast	Heart, all kinds
Brisket	Neck	Loin	Chops	Liver
Flate	Shank	Rib	Loin	Beef
Flank	Shoulder	Shoulder	Rib	Pork
Neck		Feet	Shoulder	Kidneys
Bottom Round		Hocks	Cutlets (leg)	Tripe
		Spareribs	Neck	
Heel of Round		Fresh Ham Steaks	Shoulder	
Rump Butt		Tenderloin	Shank	
Shank				
Short Ribs				
Skirt Steak				
Cxtails (joints)				

POTTED SHORT RIBS 8 ounce servings.

Ingredients	Portions for		
	20	50	100
Shortribs cut into servings	10 Lbs.	25 Lbs.	50 Lbs.
Salt	2-1/2 Tbsp.	4 Tbsp.	8 Tbsp.
Pepper	1/2 Tsp.	1 Tsp.	2 Tsp.
Flour	3/4 Cup	1-3/4 Cup	2-1/4 Cup
Hot Water or Stock	1 Gal.	2-1/4 Gal.	4 Gals. (plus)
Carrots diced	1 Lb.	2-1/4 Lb.	4-1/2 Lbs.
Onions sliced	1 Lb.	2-1/4 Lb.	4-1/2 Lbs.
Garlic, crushed	1 Clove	2 Cloves	3 Cloves
Bayleaves	4	6	10
Whole Cloves	8	12	18
Whole black Pepper	1 Tbsp.	2-1/4 Tbsp.	4 Tbsp.
Tomato Juice	1 Pt.	2-1/4 Pts.	4-1/2 Pts.

METHOD:

Brown short ribs well on all sides in heavy kettle. Season, remove meat when brown.

Blend flour with drippings, adding more drippings or lard if needed.

Add liquid slowly, stirring constantly and bring to a boil.

Add carrots, onions, garlic, bay leaves, cloves and whole pepper. (Tie bay leaves, cloves and pepper in bag, if desired). Simmer for ten minutes, stirring frequently.

Add meat to vegetables and gravy, removing bag of spices, if desired; cover closely.

Simmer until meat is tender, about 2-1/2 hours. Add tomato juice and simmer 15 to 20 minutes longer; heat and adjust seasonings, and thickening. (Gravy should be thick enough to form a film on spoon).